CRYO

Official Zine w/
Bonus CD and early
peeks at albums

Includes catalog and
info about artists
like R3EG,
Depremental and
more!

issue 1

ARTICLE BY JACKSON NORRIS, “My Time In R3EG”

I joined R3EG in 2024 when we were a digital cover band, though the band only lasted a few days it was still very fun to be in and manage their first show, it was all off though, because of timezone delay in the game, our voices were off from the beat, it was all just weird.

I reformed R3EG with my bud MaskR around April-June of 2025, I recorded a collection of songs onto a cassette, that collection of songs would become the Debut Album.

After Debut’s official release on Bandcamp (which had to be taken down and eventually re-released in December), we started work on Purple Album, which we released sometime in either August or October.

Shortly after the release of “We’ll See You Soon” as a single sometime in October I left briefly because of frustration and arguments with MaskR.

When I was out Cruz joined, another person who used to be in R3EG. I knew Cruz at the time but I didn’t really talk to him a lot, Cruz is still in the band now.

I joined back soon after, and we released the Purple Album, our second full length album.

In the time between Purple Album and the soon release of Red Album I did some other works, like the Live Album 1 - 20 or so recordings of me playing for R3EG live at various places, Guitar Center - My home and many more.

A digitization of our only vinyl record - The Test Disc

And the Shop EP, an EP with all the songs we made that have the word “Shop” in the title.

It's been a fun ride, and it's only the beginning.

ARTICLE BY JOST SMITH, “Depremental Band”

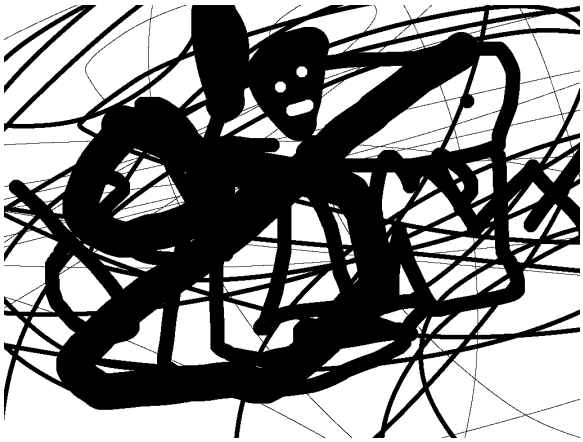
In April of 2026 Jackson Norris, my best friend, asked me to start another band. Of course I said yes, and we quickly formed Depremental with Susan Olorin, the sister of his former bandmate and one of his friends.

We started work on a noise rock and sound collage tape over that week, and finished it by the 24th of April, Cognitive Terminally

For the cover we pasted a ton of small newspaper clippings on a piece of paper and photocopied it to oblivion, then we taped 100 or so cassettes.

We played a gig near a drainage pipe in public and got minor attention for a bit, what an underdog story!

Later, I got 2 bottles of delsym orange and drank them all in one sitting, then I got some posters and drew visual hallucinations I was seeing. We scanned these posters and released them as an art set online under Depremental.



This is one of the posters, I don’t think it represents DXM hallucinations very well but eh, I was tired at the time anyways.

JOST SMITH - DEPREMENTAL 07

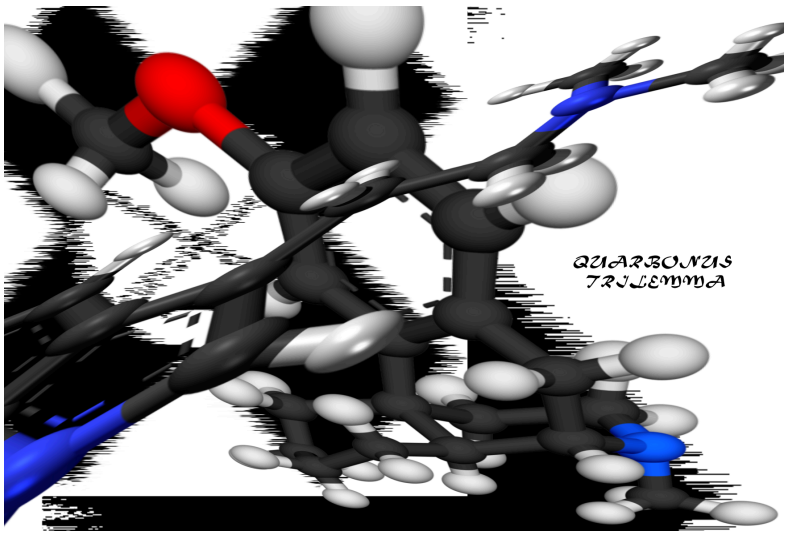
Depremental has begun, and will continue.

NOTE FROM CRYO: DXM and Cough Medicine are dangerous drugs. Do not do them in inspiration of this article.

Jeje Mental!
Jose Jaikinson

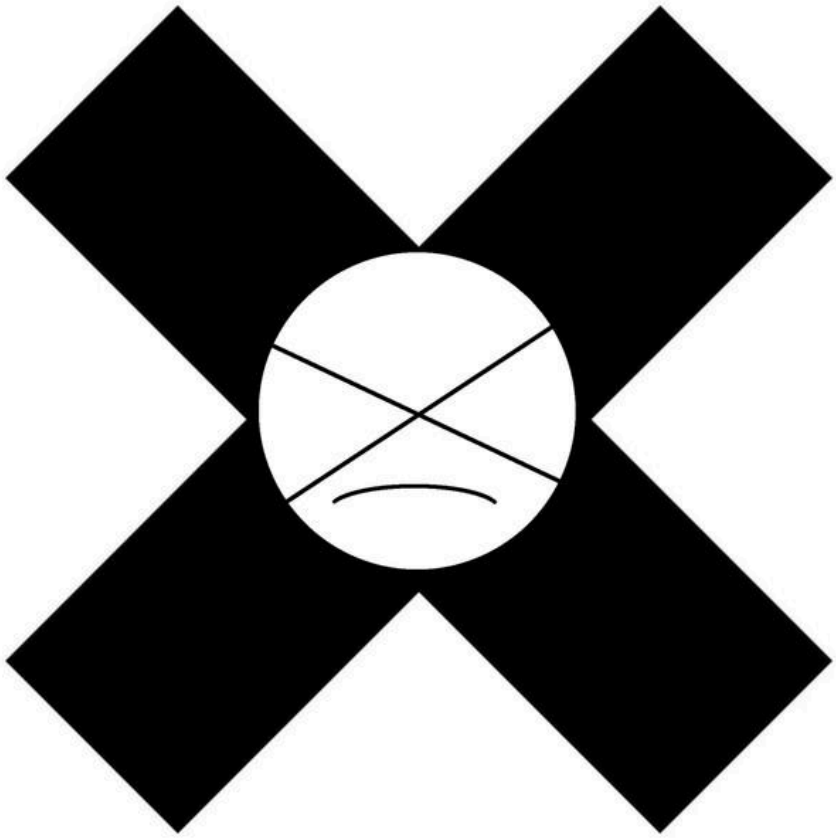
AN INTERVIEW WITH QUARBONUS TRILEMMA

C: Well, what is Quarbonus Trilemma?
J: No clue.
C: Huh? (laugh) what do you mean
J: I don't know. Its drug influenced limbo rapeworlds green out abominations we can't explain in human terms
C: (laugh) what the hell did you just say?
J: Maybe we are drug influenced potheads that don't actually do pot but just helium and. . . Uh the cough meds.
C: So you are 2 drug influenced bandmates?
J: Yeah. . . And we have pet Quindeligos
C: What's a Quindeligo?
J: Alien. . . From.. Quindeli planet. . . and DMT-heads
C: Where's Quindeli planet?



J: Fuckin' somewhere man. . . Somewhere far, far out.
C: Right, well uh, one of the questions I was gonna ask is: What are those tablets you mentioned?
J: Oh, collage art I print onto thin paper, then paper mache onto a clay square.
C: Ah, so like Sumerian tablets but with paper?
J: Yes.
C: Nice.
J: Well, Sumerians are a stretch because Quindeligos hate 'em
C: Why?
J: Because they were the earliest civilization and that's stupid according to them because only they were supposed to be around then
C: Oh. Well do this aliens. . . Harm anyone?
J: Yeah. They injected me with pain medicine when I first met them on a DXM trip.
C: Pain medicine?

J: Yeah it hurt really bad. Turns out I was just getting sore cause I was laying on the hardwood floor.
C: (laugh)
J: Mhm. They abducted me and converted me into a sunavdeligo
C: What's that?
J: Son of Deligo
C: I see.
J: And. . . They drink benadryl a lot
C: Is that why they are on Earth?



"Jackson Norris - Quindeligo"

J: Yes.
C: How did the Quindeligo abduct you?
J: UFO. . . Like a saucer
C: Oh cool.
J: No. Not cool. I was scareduh
C: (laugh) scareduh
J: Also. . . Quindeligo from . . .

Jackson proceeded to get up and walk out the room. The interview ended there.

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1: Jost Smith - ???!!!
2: WatR - Atomically
3: R3EG - Silly Isacoa
4: R3EG - Debut
5: R3EG - Purple Album

Features B/P RECORDS collaboration notes, mentions Crimson-Coder who owned the label with WatR for a bit.

RIPRR

1: Quarbonus Trilemma - Sigin
2: Quarbonus Trilemma - Trailheqera Qarheqaura
3: Depremental
4: Various Artists at Bunker Zero Live

Logos

MORE OF R3EG!

You've seen the Debut and Purple album, but have you heard the scrapped tracks?

"Tunnels Of Your Mind"
A cover of the song "Subways Of Your Mind" by German band FEX.
https://voca.ro/1jwKneOhUfnN

"Silly Isacoa"
Though it was used on Red Album, Silly Isacoa was originally a cover of a song simply titled "Isacoa", there were 2 covers made, and this is the first one!
https://voca.ro/1agAowsYdEMN

"Silly Encounter"
Lotta silly songs, this one especially! It's got some swing! This is a song from their development days.
https://voca.ro/1h7E2Jh4imMK

"Supernova"
A scrapped song from Purple Album, still a great one!
https://voca.ro/1nrnUqG3ZS8M

"unowenwasherr3egdemo.wav"
A demo of An Owen Was Her from Purple Album. Left mainly untitled by MaskR and WatR
https://voca.ro/19ZeBNjnRKnc

That's it for sneak peaks. . . Stay hungry for music.

THE MEMPHIS GOONS

The Memphis Goons were a band from Tennessee that formed in the late 60s from teenagers Xavier Tarpit and Vanilla Frog. They gathered some others and recorded about 200 or so total recordings over a few years.
Though the band wasn't exactly appreciated, the one time they played live they were pelted with rocks and trash from other people, and they were turned down by other bands, essentially they were underdogs at the time.
Their music can best be described as noisy acoustic pop-rock and bright-rock, through the little material we have we know of about 50-70 or so recordings of their songs, some more popular (like “Paulies Toys”, or “Miss Maggie Ann”) and some less known (like “Get Off Your Ass, Jon-Jon or “Tornado Drag”)
Now, don’t think The Goons weren’t known forever. . .

As in the 90s, Shargri-la Records, and Bobby J. Records re-discovered them. They released a CD “Teenage BarBQ” compilation and “While Elvis Slept”, a 7 inch vinyl record release.
Meanwhile Bobby J released “Voodoo Village”, a cassette album and included them on “Whump #1 Bonus Record”
They went semi-silent until 2009, with the release of Peppo.
A digital album, their first one.
This one was fully by the band, no edits or anything.
Peppo was a 60s Memphis ripoff of Dr. Pepper people described as “disgustingly sweet”

And now on May 3rd 2026, Cryo 0 Records has re-released “Soul Mode”.

https://cryozero.bandcamp.com/album/soul-mode

In the 90s The Goons played again in the 90s outside and inside of the record store “Sharing-la”, though we know they only played originals we don’t know exactly which ones.

ARTICLE BY J. NORRIS

I’ve been going through one of the hardest times of my life recently. I’ve lost friends and failed classes and someone died the other week.

Music is essentially my only escape now, I have a classical guitar I like to play some songs on sometimes. It's how I wrote OVERKILL, Before Dark, Jaeden and even Little Magic and more. Just by jamming in my dark room, only illuminated by the moonlight and baseball field lights nearby.

Whether or not I have anything planned shouldn’t be important right now.

I'm inspired by many. Early Alex G. many midwest punk bands and glam rock bands too, I guess I take a bit from everything.

I’m always stressed in one way or another so please come and say if you wanna interview me or something to loosen some of that stress, I could use that.

That's what I wrote the song “Personality Shaper” on, it's about someone who did something bad to me and influenced the next few years of my life.

Homes Nurse

Hi, im me, im Homes Nurse, I make strange music influenced heavily by The Caretaker, I've been working on a long album called "Nowhere and Nothing in my Mind" influenced by Everywhere at the End of Time heavily.
Some of my singles and EP's are under B/P Records, a lot of early music there.
You can listen to my music and cry, you can laugh and jump, break things and more, just don't sit still while listening.

Now, I began work on Homes Nurse when I gained a heavy interest in Dementia and the Caretaker, I even visited people in my ma's work (a nursing home hence Homes Nurse) Immediately I started work on Nowhere and Nothing in my Mind, which I planned to be a long album. I bought a shitload of ballroom, classical and even orchestral music from the local thrift shop, I scratched them up and fucked them up than ripped them, drenched them in reverb, stretched em out and pitched em down, thats the trick really, it makes it sound so old.

Though I wanna release stuff I wanna stay obscure. It's always better.

“You’re holding on to someone who’s special, and educating someone who’s mental”
Panchiko is our biggest inspiration, we are Jak. A decently new Shoegaze band
We don’t have any albums out. We don’t have any singles or EP’s so if we don’t lock the fuck in we are gonna be launched down the drain of obscurity like all Cryo bands.
Well I guess that's all I have to say. Don’t copy others because you think they are cool and uhhh don’t do drugs ig.

FANG

HELLO. WE ARE FANG. WE ARE A HARDCORE GRINDCORE BAND FROM LYNN, AND THOUGH WE ARE STRANGE WE ARE GOOD. AND IF YOU DON'T LIKE THAT KIND OF MUSIC THAN FUCK OFF AND GO READ ANOTHER PARAGRAPH ON SOME OTHER PAGE IN THIS ZINE.

OUR MEMBERS ARE:
FELIX - GUITAR
KAYDEN - DRUMS
CLYDE - BASS
ALAN - SCREAMING

OUR ONLY RELEASES
INDUSTRIALIZATION / OVER AND OVER. - 7 INCH
S/T - CASSETTE TAPE

WE'VE PLAYED LIVE AT A DRAINAGE PIPE AND IT WAS FUN, PEOPLE LOOKED AT US WEIRD BUT DO I CARE? FUCK NO.

CRYO RECORDS

Thanks for reading!

writing this has
been a pretty nice
journey through
thick and thin, I've
always found writing
to be fun when its
not with a pencil,
and I resorted to
that when in a
mental decline.

for reading this
there is a CD-r
Bonus!

there were some
unmentioned artists
here because they
aren't signed
anymore, but I felt
I need to mention
Sex-Mex at some
point, a great
band, they made
some kind of mix of
punk and britpop.
And it was fun, its
unfortunate that
they broke up.